

"Zesty" Chicken Nuggets

Makes: 14 or 56 Servings

14 Servings

56 Servings

| Ingredients | Weight | Measure | Weight | Measure |
|-------------------------------------|--------|-----------|--------|-----------|
| Chicken breasts, boneless, skinless | 2 lbs | | 8 lbs | |
| Bread, whole grain, toasted | | 6 slices | | 24 slices |
| Pepper, black | | 3/4 tsp | | 3 tsp |
| Paprika | | 1/2 tsp | | 2 tsp |
| Honey (optional) | | 1/4 cup | | 1 cup |
| Margarine | | 2 Tbsp | | 1/2 cup |
| Cooking spray | | As needed | | As needed |

Directions

1. Line baking pan with foil. Coat with cooking spray.
2. Place toasted bread in resealable bag or food processor and crush into tiny flakes.
3. In bowl, mix bread, pepper and paprika together.
4. Melt margarine.
5. Roll each piece of chicken in margarine followed by crushed bread mix.
6. Place on baking sheet evenly spread apart.
7. Drizzle with honey, if desired.
8. Bake at 325°F for 25 - 35 minutes.
9. Cut into nuggets.

Notes

Serving Tips:

Instead of using margarine, try olive or canola oil to add healthy fats. You can also use whole grain cereal as a coating instead of bread crumbs.

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 167 | |
| Total Fat | 4 g | |
| Protein | 21 g | |
| Carbohydrates | 10 g | |
| Dietary Fiber | 1 g | |
| Saturated Fat | 1 g | |
| Sodium | 284 mg | |